

NUTRITION

Bag Lunch

Whether it is students taking lunch to school or adults packing lunch for work, millions will take "bag" lunches with them each day and will want to make sure their food is safe and nutritious to eat.

Bag Lunch Safety

1. Keep foods clean

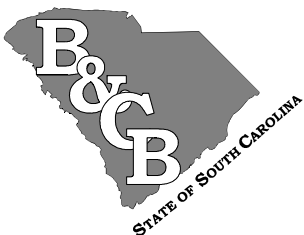
Keep everything clean when packing the lunch. That not only goes for the food, but also food preparation surfaces, hands and utensils. Keep family pets away from kitchen counters. Wash your hands before you prepare or eat food.

2. Keep foods out of the danger zone

Bacteria grow and multiply rapidly in the danger zone between 40° F and 140° F. Keep lunches out of direct sunlight and away from radiators or other heat sources. Foods that are great to include in a bag lunch are fruits, vegetables, hard cheese, unopened canned meat or fish, chips, bread, crackers, peanut butter, jelly, mustard and pickles.

Guidelines for a Nutritious Bag Lunch

1. Use a variety of foods from the major food groups.
2. Keep calories in mind.
3. Monitor the amounts of high-fat foods, such as butter, margarine, mayonnaise, sour cream, dipping sauces and fatty meats.
4. Add fiber to your lunch. Fruits, vegetables and whole grain breads are great sources of fiber.
5. Select reasonable portion sizes for lunch.
6. Include low calorie and low sugar beverages. Water is a great beverage because it has no calories, no sugar and is healthy for you.



STATE HEALTH PLAN PREVENTION PARTNERS
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